There are many ways to prevent cyber bullying of any type, you just need to think about all the different types of bullying and what you can do to protect yourself from harm. First and foremost, you need to be aware of what cyber bullying is, that way you can help protect yourself and others. Next, keep your information private; no giving out passwords, usernames, security question answers and any other information to log onto any accounts. When using any social networking websites, make sure you control who you want to see and not see your posts; who do you want following you, being your friend on Facebook, who sees your pictures on Instagram, etc. People post a lot of statuses, pictures and videos online now and we have to be aware of how people see use based on what we say or show. We need to keep any and all pictures we post rated “PG” or “G”. Don’t post anything explicit online that someone can use against you, it’s just fuel for someone you might make upset or angry. When posting statuses, make sure you think before you post anything, you don’t want to say something in the heat of the moment; if you want write it out, read it, and then rewrite it, or don’t at all. Another thing that can be done is “Googling” yourself; type in your name to see if anything personal comes up (photos/information) from someone you don’t know and have it removed if there are. When you use computers; public or personal, make sure you sign out of all the accounts that you logged into so no one can “hack” your accounts or take any security information. You can help others be defenders by raising awareness to your community, classroom, or even your neighborhood. Help yourself by helping others understand what it is so they are able to see signs of the start of cyber bullying. The most important thing you can do to prevent cyber bullying is to not be one yourself. Even if people are aware of what it is, they can still be bullies. If you don’t want to be bullied by anyone, don’t do it to others.

De Lench, Brooke. "10 Tips for Teens to Prevent Cyberbullying." 10 Tips for Teens to Prevent Cyberbullying. Momsteam. Web. 24 Mar. 2015. <<http://www.momsteam.com/health-safety/10-tips-teens-prevent-cyberbullying>>.